



Try Another Way State Employees

MAY 26, 2010—BIKE TO WORK DAY

Spring 2010

Join state employees and community members in riding your bicycle to work on May 26, 2010 in conjunction with National Bike to Work Month. TAWSE will host an event in the Capitol Rotunda with vendors from:

- City of Helena,
- Adventure Cycling
- Transportation for America National Campaign
- Helena Bicycle Club
- local bicycles shops, and many more.



The Real Food Market and the Bagel Company have donated refreshments for this event.

Wednesday, May 26, 2010 / 11—1 PM / Capitol Rotunda

Join the bike parade after work and ride to Alive @ 5 to enjoy music and more! The parade will begin at 5PM behind the Capitol. Contact: Canon Luerkens at 461-5000 for more information.

[More Details](#)

<http://www.tawse.mt.gov/>

CARPOOL PARKING SPACES

The Department of Administration has set aside parking spaces that are reserved specifically for state employees in qualifying carpools. These reserved spaces are assigned for a six month period to qualified and registered carpools. If you are interested in applying for a carpool space,



please submit your application by June 30th.

[Register](#)—Find other employees to carpool with.

[Apply](#)—Application deadlines are June 30 & December 31.

[Map](#)—View the locations of carpool parking spaces.

[More Details](#)

<http://www.tawse.mt.gov/>

EARN BONUS POINTS DURING SPRING FITNESS

Try Another Way State Employees! **Double your steps for walking or biking to work during Spring Fitness.** Even if you live too far from work to walk or bike all the way to work, you still can get Spring Fitness steps (and bonus steps!) by walking or riding part way. An easy way to do this is to drive to within walking or riding distance, park, and walk or ride the rest of the way. Add 1,000 steps to your day if you choose to take public transportation. State employees working in cities with public buses can ride and get bonus steps. Want to maximize it? Ride the bus part way and then walk or ride the rest of the way (1,000 bonus steps plus double steps for the walking or biking). Combining your travel to work with exercise and public transportation will save wear and tear on your car and save you money, reduce air pollution, get you in great shape, AND get you huge step totals - all at the same time!



[More Details](#)

TAWSE Mission



Since 1994, the TAWSE (Try Another Way State Employees) mission is to inspire state employees to be more efficient in their work day travel by promoting and facilitating walking, biking, carpooling, vanpooling, and using public transportation. Alternative travel such as biking or walking, offers many benefits to individuals and to the community by promoting better health, cleaner air, reduced consumption of resources and lower impact on streets and traffic congestion.

Next Meeting:

Tuesday

May 18, 2010 1:30—2:30 PM

Mitchell Building Room 160

Please print in black and white.